

Aisha Green



Fitness Philosophy

I view fitness as a journey to reach your goals. On this journey, there will be wrong turns, setbacks, and difficulties, but on the journey, you learn so much more. You'll learn about nutrition, proper form, the importance of sleep, determination, and most importantly how to become the better, healthier, more confident version of yourself. It doesn't matter how much you lift or the numbers on a scale, fitness is about trying to become 1% better every day and realizing that you can achieve anything.

Areas of Expertise and Interest

Expertise:

- Strength training
- Speed, agility, quickness training
- Metabolic Conditioning
- Body Composition change – muscle gain and fat loss
- Posture, Mobility, and injury prevention
- Core strength training
- Making working out fun :)

Fitness Interests:

- Strength training
- Powerlifting
- Olympic Lifting
- CrossFit/ Functional Movements
- Bodybuilding
- Endurance Training
- Yoga, Flexibility, Mobility
- Exploring new ways to exercise

Education and Certification(s)

- Indiana University Bloomington, B.S. Neuroscience and Nutrition Science (2022)
- National Academy of Sports Medicine Certified Personal Trainer (2020)
- National Academy of Sports Medicine Certified Nutrition Coach (2020)
- National Academy of Sports Medicine Certified Corrective Exercise Specialist (2020)
- American Red Cross Adult First Aid/CPR/AED since 2020

